

**THE RHODESIAN MILLING
COMPANY (PVT.) LTD.**

RECIPES



**Gloria
FLOUR**

The Management of the Rhodesian Milling Company (Pvt.) Ltd., take pleasure in asking you to accept this Recipe Book and express the hope that it will provide a reference of some practical value.

We have devoted a section of the subject matter to household hints and tips and we do trust that you will find amongst these many items of interest.

We have chosen the Recipes from amongst those submitted in previous competitions, and we feel therefore, that the well-tried recipes of others will in due course become your own favourites.

Yours faithfully,

THE RHODESIAN MILLING COMPANY
(PVT.) LTD.

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EQUIVALENT MEASURES

Flour, Cornflour, Cocoa, Custard Powder.

1 rounded teaspoonful weighs $\frac{1}{2}$ oz.
1 rounded tablespoonful weighs 1 oz.

1 level tablespoonful weighs $\frac{1}{2}$ oz.
1 teacupful weighs approx. $3\frac{1}{2}$ ozs.

Sugar, Rice, Lentils, etc.

1 level tablespoonful weighs 1 oz.
1 breakfastcupful weighs 8 ozs. (approx.)

1 teacupful weighs 6 ozs. (approx.)

Jam and (warmed) Syrup.

1 level tablespoonful weighs 2 ozs.

Breadcrumbs and Cake crumbs.

1 heaped tablespoonful weighs $\frac{1}{2}$ oz.

Liquids.

1 teacup contains $\frac{1}{4}$ pint (approx.)
1 egg weighs approx. 2 ozs.

1 gill is approx. $\frac{1}{4}$ pint.

HOUSEHOLD HINTS

Cleaning :

FURNITURE POLISH :

$\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup methylated spirits, $\frac{1}{2}$ cup raw linseed oil and 1 cup turpentine. Shake well and use in the usual way—sparingly.

WOOD :

A hot iron mark on polished wood can generally be removed by rubbing gently with methylated spirit, then polishing immediately with linseed oil. Tea stains or hot water stains on wood can be removed by rubbing gently with spirits of camphor. Then rub up with furniture polish.

BRASS AND COPPER :

A cloth dipped in vinegar and salt will remove stains. Wash in hot, soapy water and apply metal polish.

KNIFE HANDLES :

Rub with a slice of lemon.

TARNISHED SILVER :

Place in a quart of water to which a good pinch of washing soda has been added. Boil for a few minutes and dry thoroughly with a dry cloth.

WINDOWS :

Rub with a cloth moistened with equal parts of methylated spirits and kerosene shaken well together in a bottle.

Take a pride in your baking — use "Gloria" Flour.

TAPESTRY:

Clean by beating, then rub in plenty of dry bicarbonate of soda. Leave for a few hours, then brush hard with a stiff brush and, if possible, clean with a vacuum cleaner.

FELT HATS:

Clean with an ordinary ink eraser, slipping a basin inside the crown to give a firm surface.

EIDERDOWNS:

Can be washed quite well in tepid, soapy water (have a good lather). Squeeze and press. Rinse thoroughly, removing all soap, and adding a cup of vinegar to brighten the colour. Spread out in the sun.

SCORCH MARKS:

Superficial scorch marks on linen—soak in cold water, then hang in the sun to bleach. If stubborn, rub with dry borax and soap and allow to stand for an hour before washing.

PIANO KEYS:

Use a good silver polish. Do not let any polish run into the crevices between the keys. This will remove discoloration. To keep the keys clean after that, use a white furniture polish.

FRUIT STAINS:

Fresh fruit stains respond to treatment with tomato juice. Place a slice of tomato over the stain, rub well in, then leave to stand before washing.

SAUSAGES:

To prevent from bursting, grill them.

TOMATOES:

To peel, dip in boiling water first.

PARSLEY:

Can be kept for weeks if put quite dry in a covered jar in the refrigerator.

EGG YOLK:

To keep from drying up, stir in a dessertspoon of water and cover.

LEMON AND ORANGE RIND:

Dry in the oven. Grate or mince it, and keep in a bottle for flavouring.

ALUMINIUM PANS:

To remove black stains from the inside—fill with water and add peel or any acid fruit and boil for a few minutes.

"Gloria" Flour is freshly packed daily.

BICARBONATE OF SODA :

Put a pinch of bicarbonate

In your jellies to make them set quickly.

In your pot of tea to make it stronger.

When frying chips. It makes the fat go further.

When stewing fruit. It adds flavour and saves sugar.

To clean silverware. Make a paste.

To remove egg stains. Rub over with a rag dipped in bicarb.

For scorch marks. Add 1 teaspoon bicarb. to a cup of water and rub over marks.

For stains on carpets. Sprinkle on and leave for a short time. Then brush off briskly.

To remove tea and coffee stains from your vacuum flask. Put water in the flask with a little bicarb and leave to stand.

For snake bites. A good antiseptic wash.

For an aching tooth. Fill in the hollow or rub the gums with it.

BORAX :

To effectively bleach discoloured baby clothes, add 1 teaspoon of borax to a quart of water in which the clothes are boiled.

To get rid of cockroaches, mix borax with a little powdered sugar. Put in saucers, and place around the kitchen and pantry at night, and especially on the sink. This mixture lasts for some time.

Keep a saucer of borax next to your sink. Dip a cloth in it for the removal of stains on enamel and china wear. Add borax to water when washing china, glass, silver, mirrors and windows—it will add sparkle. Borax water will also clean paintwork.

SPILT MILK :

The unpleasant smell of spilt milk or fat on a stove can be removed by sprinkling the hot-plate immediately with salt.

HINTS AND TIPS FOR BAKING

OVEN TEMPERATURES—GENERAL

Hot—400-450°F. for Scones, Pastry, Tarts and Pies.

Medium—350°F. for Fruit Cakes, Cherry Cakes, etc.

Cool—250°F. for large Christmas Cakes and Shortbread.

Always ask for "Gloria" Flour.

SOME CAUSES OF FAILURE IN CAKES

Cracks and humps caused by too much flour or oven too hot.

A dry cake caused by too much flour or too little fat.

A heavy, gummy cake caused by too much sugar.

A moist, sticky cake caused by too much sugar or too slow an oven.

Coarse grained cake caused by too little mixing or too slow an oven or too much fat.

A cake falling caused by too much flour or too much fat or too much sugar or too little baking or draughts from an open door during baking.

SOME BREAD FAULTS AND CAUSES

Pale Crusts:	Too long a fermentation. Dough ripening too quickly if temperature is much above 80°F.
Crust too Red:	Insufficient fermentation. Excessive salt or sugar.
Collapsing Bread:	Over proof or oven too cold.
Open Honey-comb Texture:	Over proof.
Small Bound Loaves:	Insufficient proof, severe underfermentation and baking in exceptionally hot ovens. Excessive salt, sugar or milk.
Gas Holes:	Indicate that the dough has not been sufficiently knocked back.
Streaky Textures:	Reflect uneven handling. Dough allowed to get cold round the outsides and then being folded in.
Crumbly Bread:	Over aeration. Dough too soft. Too much shortening.

TOWARDS BETTER HOME BAKING

In Great Grandmother's day most of our bread was made at home, and poor Granny had much to contend with, in that she made her own barm, waited days for it to mature, set her sponge at the end of a tiring day, wakened at dawn to mix, and then baked the bread in a brick oven heated by a log fire.

The history of breadmaking dates back many hundreds of years, when the wheat was ground between two stones and little flat rounds were baked from it.

"Gloria" Flour — for all your baking needs.

How fortunate the modern housewife is with her mechanical mixers, thermostatically controlled ovens and ready-made yeast. Bread making for her is a very simple matter.

Here is a method which has proved very successful:—

1½lb. "Gloria" White House- ½oz. sugar
hold flour

½oz. yeast (Bakers compressed) ½oz. lard

½oz. salt

About 13 or 14 ozs. warm water (or 2¼ breakfast cups). Mix all dry ingredients and push to one side of the basin. Place yeast and lard in the space made, with a little of the warm water and mash till free from lumps.

Mix with rest of the water for about 7-10 minutes. Mould to a smooth skin. Cover with a damp cloth and leave to rise in a warm place (80°F.) for 3 hours. Remove from basin to a floured board. Knock out all gas, mould up, replace in the basin as before and leave a further 1 hour.

Knock back again, divide and mould to warm greased tins. Leave to rise at 80°F. for about 50-55 minutes. Bake at 450°F. till brown (about ½ hour). Brush the hot crusts with hot water to give an attractive glaze.

Brown bread can be made from this recipe, using a little more water, and 15 minutes less time to rise in the tins. It will take 5 to 10 minutes longer to bake.

Always cool the bread quickly and thoroughly before wrapping or storing in bread tins. This helps to ward off a common bread disease known as "Rope," which is identified in the early stages by an unpleasant smell and sour taste.

HINTS ON PASTRY

Handle it lightly.

Keep it cool.

Bake in a hot oven.

Always roll it in a forward direction on one side of the crust only, on a slightly floured board.

TO GLAZE PASTRY

Brush with milk, egg, or yolk of an egg mixed with a little milk. The latter is suitable for meat-pies, sausage rolls, etc. Pastry may be glazed after baking by brushing with slightly frothed white of an egg. Dredge with castor sugar, and return pastry to the oven for a minute or two.

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other side and fold in three. Continue in this way, putting the pastry in a cool place between each or every other roll, until it has been rolled out and folded in three, six times. The seventh time roll it out and use as required. Bake in a very hot oven with good bottom heat.

GLORIA FLAKY PASTRY

8 ozs. "Gloria" Flour	pinch salt, water to mix
6 ozs. butter	$\frac{1}{2}$ teaspoon lemon juice

Divide the butter in 4 portions. Rub one portion into the flour, and add water to make a rolling consistency and roll out.

Use one portion of the fat and divide into small pieces and cover $\frac{2}{3}$ of the dough—fold the bottom $\frac{1}{3}$ over . . . then the top $\frac{1}{3}$ —give a half turn, seal edges and corrugate with rolling pin to make the pastry rise evenly.

Repeat the same process twice, using the other portions of butter, then chill the pastry. The colder it goes into the oven, the better will be the result.

GLORIA FLOUR PASTRY

8 ozs. "Gloria" Flour	yolk of egg
4 ozs. butter	2 dessertspoons castor sugar

Cream fat and sugar together until light and fluffy, add flour and a pinch of salt to the creamed mixture—use a knife for this. Add the egg yolk gradually to make a firm rolling consistency. Use the finger tips to test this and the pastry should roll quite easily into a ball.

Gloria Flour pastry should be baked at 400° to 450°F.
Use for sweet flans and fruit tarts.

APPLE PIE WITH GLORIA WHOLEMEAL PASTRY

1½ cups "Gloria" Wholemeal	1 teaspoon each—cream of tartar
1½ ozs. butter and 1 egg	and bicarb dissolved in a little milk

Cream the butter and sugar together. Add the beaten egg, then all the rest of the ingredients, adding a little more milk if necessary, for a dough.

Line pie plate and fill with sliced apples. Cover with pastry and brush the top crust with beaten eggs and sprinkle with sugar before baking at 375°F.

Don't say flour — say "Gloria"

TARTS

APPLE SHORTCAKE

8 ozs. "Gloria" Flour	2 ozs. margarine
2 ozs. sugar	1 egg
1 small teaspoon baking powder	1 or 2 tablespoons red jam
pinch salt, little milk	apples
1 teaspoon arrowroot	

Method:—Peel and slice the apples. Put into a pan with some sugar and just sufficient water to prevent sticking. Cook gently until soft but unbroken, then drain well. Mix the arrowroot with cold water to make a thin cream, add to the apple juice, boil till it thickens, stir in red jam to colour. Cream fat and sugar and stir in egg, mixing well. Add the sieved dry ingredients with sufficient milk to make a soft dough. Divide into 2 portions and roll out lightly to fit sandwich tins. Bake in a moderate oven for about 25 minutes. Turn on to a wire rack to cool. Then sandwich the 2 layers together with half the jam mixture and some of the cooked apples. Pile the rest of the apple slices on top and pour over the remaining jam sauce as a garnish.

HUNGARIAN TART

$\frac{1}{4}$ lb. butter	apricot or plum jam
2 tablespoons cooking oil or melted butter	2 tablespoons sugar
1 beaten egg	$\frac{1}{2}$ teaspoon vanilla essence
$\frac{1}{4}$ teaspoon salt	2 cups "Gloria" Flour
	1 teaspoon baking powder

Method:—Cream butter and sugar well together, add cooking oil, or butter, then vanilla, and beat again. Stir in beaten egg. Lastly add sifted flour, baking powder and salt. Mix together into a dough, knead well. Have ready a greased layer pan. Divide dough into two, grate half the dough with coarse grater into pan. Spread jam, which has been softened, then grate other half on top of jam. Bake in slow oven from $\frac{3}{4}$ to 1 hour.

"Gloria" Flour—in 2 lb., 5 lb., 10 lb., 25 lb., 50 lb. and 100lb. bags—and "Gloria" Self-Raising in 2 lb. and 5 lb. packets.

MILK TART (The Old Afrikaans Way)

Filling :

1 tablespoon butter	3 eggs
1 pint milk	$\frac{1}{2}$ teaspoon lemon essence
2 dessertspoon Maizena (heaped)	pinch of salt
4 dessertspoon sugar	cinnamon

Method:—Bring milk to boiling point with sugar. Make running paste with a little of the milk and Maizena. Add slowly to milk and stir continually. Add butter—leave to cool. Add beaten eggs just before placing in oven.

Pastry (German):

7 tablespoons "Gloria" Flour (heaped)	2 teaspoons baking powder
2 tablespoons sugar	2 tablespoons margarine or butter
2 eggs	pinch of salt

Method:—Mix dry ingredients, add butter, rub well, add beaten eggs and mix. Line pie plates with pastry and pour the filling into pie. Sprinkle with cinnamon mixed with sugar. Bake in moderate oven until filling is set.

APPLE TART

$\frac{1}{2}$ lb. "Gloria" Flour	1 egg
3 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt
2 tablespoons sugar	5 ozs. butter
1 tablespoon water	

Mix the dry ingredients together, rub in the butter, and add the beaten egg and water. Line a pie plate with half the mixture, then some boiled, sweetened apples. Cover with the rest of the paste and bake in a moderate oven for 20 minutes.

BAKEWELL TART

Line a pyrex plate with pastry made from 8 ozs. "Gloria" Flour mixed with 5 ozs. margarine and cold water, with pinch of salt and $\frac{1}{2}$ teaspoon of cream of tartar added to flour while sieving. Cover pastry with jam and pour on this filling:—

1 oz. butter	1 egg
$1\frac{1}{2}$ ozs. sugar	1 dessertspoon flour
$\frac{1}{2}$ teaspoon almond essence	$\frac{1}{2}$ teacup hot milk

Melt butter, add flour and sugar. Add beaten egg, milk and essence. Pour over pastry. Bake about $\frac{1}{2}$ hour.

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CHRISTMAS MINCE PIES

Pastry—Ingredients :—

2 cups "Gloria" flour ($\frac{1}{2}$ lb.)	1 level teaspoon baking powder
$\frac{1}{2}$ cup butter or margarine (4 ozs.)	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup lard (2 ozs.) (butter may be used)	$\frac{1}{2}$ to $\frac{3}{4}$ cup iced water, to which add 1 teaspoon lemon juice

Method:—Sift flour, salt and baking powder into bowl. Add shortening and break it up with fork or fingers into pieces the size of a walnut. Mix (DO NOT ATTEMPT TO RUB IN FAT) into firm dough with iced water. Roll out—fold in three and roll—repeat seven times, turning pastry one $\frac{1}{2}$ turn between each rolling. Chill for an hour before using.

MINCEMEAT

2 lb. sour apples peeled, cored and cut into small pieces	1 lb. fresh chopped suet
1 lb. currants	1 lb. stoned and cut up raisins
$\frac{1}{4}$ lb. ground almonds	1 lb. cut sultanas
1 lb. sugar	rind and juice of 2 lemons
2 tablespoons marmalade	1 oz. mixed spices
$\frac{1}{2}$ ground nutmeg	1 $\frac{1}{2}$ wine glasses brandy

Method:—The easiest way is to pass all through a mincing machine and add the lemon juice, brandy and spices afterwards. Mix well, fill jars and keep for use. It's always nicer after keeping for a couple of weeks.

To make Pies:—Line patty tins with pastry and fill with mincemeat. Cover with upper crust, brush with egg and bake in hot oven (425°F.) for 10 to 15 minutes.

NOTES

"Gloria" Flour is freshly packed daily.

PUDDINGS

LEMON DELICIOUS

1 cup sugar	juice and rind of 1 large (or
1 large tablespoon butter	2 small) lemons
2 heaped tablespoons "Gloria"	2 eggs
Flour	2 teaspoons baking powder

Method:—Cream butter and sugar well. Add flour and mix well. Add juice and rind of lemon. Add yolks of two eggs, blend all well together. Lastly, fold in slowly very well beaten whites of eggs and the baking powder.

Place in a greased pie dish. If possible, let pie dish stand in a larger dish of cold water. Bake slowly until set and a light golden brown. Serve hot or cold with whipped cream.

ROLY POLY PUDDING

$\frac{1}{2}$ cup margarine	pinch of salt
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup sugar
jam or cold stewed fruit	water
1 cup "Gloria" Flour	

Method:—Dissolve $\frac{1}{2}$ cup sugar and 1 teaspoon margarine in teacup boiling water, rub remainder of margarine into flour, add baking powder. Mix to stiff paste with cold water. Roll into strip and spread with jam or fruit. Roll into Roly poly. Place in greased pie dish with fold underneath. Pour warm liquid over and bake in moderate oven for $\frac{3}{4}$ of an hour.

LEMON SOUFFLE

Take: 1 tablespoon butter, 1 teacup sugar and 2 tablespoons flour.

Cream these together. Then stir in two beaten egg yolks, the grated rind and juice of a lemon and 1 teacup milk. Finally, fold in the stiffly beaten whites of the eggs, pour into a pudding dish and bake in a slow to moderate oven for 40 minutes.

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BAKED JAM ROLL

1 cup "Gloria" Flour	1 dessertspoon sugar
2 ozs. fat or 4 tablespoons	1 heaped teaspoon baking powder
Olive cooking oil	
pinch of salt	

Method:—Rub fat into dry ingredients and mix with less than $\frac{1}{2}$ cup of water. (If Olive is used, mix it with the water and stir into the dry ingredients—flour, salt and baking powder.) Roll out and spread with jam or fruit. Roll up and cut in slices. Place slices flat in greased dish. Pour over this $\frac{1}{2}$ cup sugar, 1 tablespoon butter and 1 cup water, previously boiled up together. Bake in a hot oven for $\frac{1}{2}$ hour. Serve hot with custard or cream. (6 to 8 helpings.)

ICE CREAM

1 tin Ideal Milk	1 cup castor sugar
$\frac{1}{2}$ pint cream	vanilla or other flavouring

Method:—Put the tin of Ideal Milk into your refrigerator a few days before using, as this will make it easier to beat; and have the refrigerator on to FREEZE an hour or so before putting in the ice-cream.

Whisk up the Ideal Milk until it is very stiff and thick. Then whisk the cream till thick. Add the castor sugar to the cream gradually, beating all the time. Pour the cream into the Ideal Milk, and stir in, adding flavouring. Pour into ice-trays. Less cream may be used if too rich.

BASIC CUSTARD RECIPE

1 tablespoon sugar	2 eggs
vanilla or other flavouring to taste	1 pint milk

Method:—Proportions for custards: allow 1 egg to $\frac{1}{2}$ pint of milk. Milk must be just below boiling point when poured on to the eggs. Whisk the eggs. Put the milk and sugar into a saucepan to heat, and when hot pour on to the eggs. Mix together and add a few drops of vanilla. Now proceed according to type of custard or pudding desired.

Baked Custard:—Pour the basic custard into a pie-dish, and grate nutmeg on top. Bake gently in a moderate oven for about 30 to 45 minutes until set. **It must not boil.**

Boiled Custard:—Mix one dessertspoon Maizena with a little water and gradually stir into the custard mixture. Then return to the stove and continue stirring to prevent lumps forming. Pour into a bowl to cool and sprinkle a little sugar on top to prevent a skin forming.

"Gloria" Flour—for all your baking needs.

CUSTARD PUDDINGS

Bread and Butter Pudding:—Lay neat strips of buttered bread at the bottom of a greased pie-dish and top with sultanas or selected raisins. Then pour in custard mixture. When the custard is nearly set, put a few small pieces of buttered bread on top, and return to oven to continue cooking.

Queen's Pudding:—Put breadcrumbs (about 3 ozs.) at bottom of dish. Add custard mixture, and when cooked spread jam over the custard. **Whisk up the white of an egg stiffly and spread over the jam.** Dredge with castor sugar. Put in the oven again until the egg is light brown.

Macaroni Cheese Custard:—Boil small pieces of macaroni in salted water. Add to custard mixture with about 2 ozs. grated cheese. When the custard is almost cooked, spread thin slices of tomato on top and more grated cheese. Return to the oven until tomato is cooked.

STEAMED PUDDING

- | | |
|--------------------------|----------------------------------|
| 1 cup "Gloria" Flour | 2 tablespoons butter or dripping |
| 1 teaspoon baking powder | |
| 1 egg | $\frac{1}{4}$ cup milk |
| 3 tablespoons sugar | a few drops vanilla essence |

Method:—Cream the butter and sugar together. Add the egg and beat well until quite smooth. Add the milk, sift in the flour and baking powder together and mix lightly. Add vanilla essence. Pour the mixture into a greased mould, cover with well greased paper and steam for $1\frac{1}{2}$ hours. After cooking, allow to stand for a few minutes before removing the pudding from the mould.

To Prepare Mould:

A cake tin or jelly mould may be used, or a pudding basin. Grease mould first before making the pudding, and have boiling water ready. Pour in the mixture and cover with well greased paper twisted over the edge of the basin. Place in a steamer or a large pan with boiling water coming half-way up the basin.

For that special occasion — "Gloria" Flour

SEVEN VARIATIONS OF STEAMED PUDDING

There is a different steamed pudding for every day of the week, if you use these variations:—

College Pudding: Add two tablespoons of raspberry jam.

Chocolate Pudding: Add a tablespoon of cocoa.

Spotted Pudding: Add a tablespoon of assorted raisins, sultanas and currants.

Coffee Pudding: Add two tablespoons of coffee essence.

Date Pudding: Add $\frac{1}{4}$ lb. chopped dates.

Coconut Pudding: Add 3 tablespoons of coconut.

Lemon Pudding: Add the grated rind of two lemons.

Two tablespoons of any dark jam may be put at bottom of the mould, and the mixture poured on top.

BATTER

1 egg	$\frac{1}{2}$ pint milk
$\frac{1}{4}$ lb. "Gloria" Flour	1 oz. dripping
a pinch salt	

Method:—Sieve flour and salt into a basin, and make a well in the centre. Break the egg into a cup, pour into the well, and mix with a small quantity of the flour until a smooth paste is formed. Take half the milk and add gradually, mixing in the flour by degrees. When it is all mixed and an even consistency throughout, beat the batter for a few minutes. Stir in the remainder of the milk, and leave the batter to stand for an hour or more. Melt about an ounce of dripping in a small baking-tin or pie-dish. When very hot pour in the batter. Put into a fairly hot oven to bake. It should take about 45 minutes. Serve at once.

COATING BATTER FOR FRITTERS

3 ozs. "Gloria" Flour	$1\frac{1}{2}$ dessertspoons salad oil
a pinch salt	2 eggs
1 gill warm water	

Method:—Sift flour with a pinch of salt into a basin. Make well in the centre and pour in oil, then stir in warm water gradually, mixing to a smooth batter. Beat well and leave to stand. Just before frying the fritters, add a pinch of salt to the egg whites, and beat to a stiff froth, then fold into the batter.

"Gloria" Flour for Better Baking.

BATTERS CAN BE USED FOR:—

Yorkshire Pudding :

Serve as basic batter recipe.

Pancakes :

Serve with lemon and sprinkle with castor sugar (jam can be used instead).

Savoury Pancakes :

Spread a filling, such as creamed fish, sliced mushrooms and bacon, etc.

Sausage Toad-in-the-Hole :

Cut the sausages in halves, place in the bottom of the dish and pour the batter over.

Steak Toad-in-the-Hole :

Proceed as for sausage, cutting the steak into slices about 2 ins. long and 1 in. thick.

Banana Toad-in-the-Hole :

Proceed as for sausage and sprinkle with castor sugar and lemon juice.

NOTES

Don't forget to order "Gloria" Flour.

SANDWICH CAKES

ECONOMICAL SANDWICH CAKE

1 egg	1 teacup "Gloria" Flour
2 ozs. butter	1 teaspoon baking powder
$\frac{1}{2}$ teacup sugar	1 tablespoon milk or water

Method:—Grease a sandwich tin. Beat the butter and sugar together until thick and creamy. Add the yolk of the egg and beat them well together. Beat the white of the egg to a stiff froth. Stir in the flour and white of egg alternately, mixing as lightly as possible. Lastly, add the milk and baking powder and pour the mixture into the tin. Bake for 15 minutes in a hot oven. Split open when cold and spread with jam or filling.

When eggs are plentiful, one or two may be added to this recipe.

FIVE VARIETIES OF SANDWICH CAKES

Orange Cake :

Add orange juice instead of milk.

Granadilla Cake :

Add granadilla juice instead of milk.

Coffee Cake :

Flavour mixture with coffee essence or cold, strong coffee, and lessen the milk accordingly.

Chocolate Cake :

Add a little dissolved chocolate and flavour the cake with vanilla essence.

Neapolitan Cake :

Add a few drops of cochineal to one third of the mixture and coffee essence to another third. Pour into tin in layers, placing the plain layer in the centre.

Don't say flour — say "Gloria"

ORANGE SANDWICH CAKE

1½ cups "Gloria" Flour	1 teaspoon vinegar
1 cup sugar	2 teaspoons baking powder
¼ lb. margarine	1 teaspoon vanilla essence
2 eggs	pinch salt
1 cup milk and water mixed	

Method:—Cream margarine and sugar well. Beat in eggs one at a time and then add vinegar. Stir well. Sift flour, baking powder and salt and fold into mixture gradually, using milk for right consistency. Finally add essence. Pour mixture into 2 well greased and floured sandwich tins and bake for 20 minutes at 350°F.

Filling:—Mix icing sugar to a paste with the juice of a fresh orange. Add 2 tablespoons butter and cream well whipped. Add the grated rind of the orange to mixture and spread between the 2 layers. Mix icing sugar with the juice of orange for top and decorate.

CINNAMON SPONGE CAKE

3 cups "Gloria" Flour	2 teaspoons baking powder
2 cups castor sugar	4 egg whites
1 cup milk	pinch salt
½ lb. butter	

Icing: 4 egg yolks; 1 cup icing sugar; 1 teaspoon cinnamon.

Method:—Cream butter and sugar, add stiffly beaten egg whites, then add flour and milk alternately. Next add baking powder. Bake for 1 hour at 375°F. Take out of oven and ice at once, while still hot, with 1 cup icing sugar, the 4 egg yolks and 1 teaspoon cinnamon well beaten together.

CHOCOLATE CAKE

2 eggs	a piece of butter as large as
1 teacup of castor sugar	a walnut
1 tablespoon of cocoa	4 tablespoons boiling water
1 teaspoon of baking powder	1 teacup "Gloria" Flour

Method:—Beat sugar and eggs until absolutely stiff. Mix flour, baking powder and cocoa together in a separate bowl and fold into the egg and sugar mixture. Melt butter in boiling water and fold into the mixture. Put into two sandwich tins and bake in oven for 25 minutes at 400°F.

Filling:—Two tablespoons of butter, cup of icing sugar. Beat together until absolutely smooth and creamy and spread between cakes. Sprinkle top with icing sugar.

"Gloria" Flour—in 2 lb., 5 lb., 10 lb., 25 lb., 50 lb. and 100 lb. bags
—and "Gloria" Self-Raising in 2 lb. and 5 lb. packets.

MILK CHOCOLATE CAKE

8 ozs. "Gloria" Flour	4 ozs. melted chocolate
$\frac{3}{4}$ teaspoon salt	1 cup milk
3 eggs	2 teaspoons baking powder
8 ozs. sugar	6 ozs. Holsum
1 teaspoon vanilla essence	

Method:—Cream Holsum and sugar, beat in eggs one by one, add sifted dry ingredients, vanilla, milk and beat well till smooth. Add melted chocolate last. Bake in moderate oven for 35 minutes (350°F.)

Icing :

4 ozs. melted chocolate	3 tablespoons cream
$\frac{1}{2}$ teaspoon vanilla	2 $\frac{1}{2}$ cups icing sugar
$\frac{1}{2}$ cup walnuts	

Method:—Add sugar gradually into cream, beating well; if mixture seems stiff, add one extra tablespoon of cream. Beat in vanilla and melted chocolate, add chopped walnuts last. Use small quantities of icing for filling and spread remainder round sides and top of the cake with a knife.

LADY BALTIMORE CAKE

1 $\frac{1}{2}$ cups "Gloria" Flour	2 egg yolks
1 slab unsweetened chocolate	1 tablespoon butter
1 cup sugar	1 teaspoon bicarbonate of soda
$\frac{1}{2}$ cup milk	dissolved in little hot water

Method:—Boil milk, chocolate and egg yolks together until thickening, stirring well. Add sugar, flour, butter, $\frac{1}{2}$ cup milk and soda, beating well. Put into 2 layer tins and bake at 375°F.

Icing and Filling:

2 whites of egg	1 cup sultanas or raisins
1 cup sugar	$\frac{1}{2}$ cup almonds or walnuts
3 tablespoons water	(blanched)

Boil together sugar and water to a syrup. Add beaten egg whites, then raisins and almonds. Place between layers and on top of cake.

Take a pride in your baking — use "Gloria" Flour.

YANKEE CAKE

12 ozs. "Gloria" Flour	6 ozs. sugar
6 ozs. margarine	4½ teaspoons baking powder
4 eggs	pinch salt
1½ cups milk	2 teaspoons vanilla essence

Method:—Cream butter and sugar, add beaten eggs. Next add sifted flour to which the baking powder and salt have been mixed. Add milk as necessary for right consistency. Add vanilla. Put into 3 greased sandwich tins and bake for 25-30 minutes at 375°.

Chocolate Fudge Frosting:

4½ ozs. plain chocolate, ½ cup butter, 4½ cups icing sugar, pinch salt, vanilla to taste. Melt chocolate and butter over boiling water, add sugar, salt and vanilla. Beat until thick enough to spread on top of cake and between layers.

BUTTER CAKE

2½ cups "Gloria" Flour	1 teaspoon vanilla essence
½ cup shortening	3 eggs
1½ cups sugar	¼ teaspoon salt
2½ teaspoons baking powder	1 cup milk

Method:—Cream shortening, add sugar, beating in well, and un-beaten eggs one at a time, beating well after each egg is added. Add vanilla. Sift together the dry ingredients and add, alternately with milk, to first mixture. Bake in greased layer tins for 30 minutes at 375°F.

NOTES

"Gloria" Flour is freshly packed daily.

BLACK DOUGLAS CAKE

$\frac{1}{2}$ lb. "Gloria" Flour	$\frac{1}{2}$ lb. sugar
2 level teaspoons baking powder	$\frac{1}{2}$ lb. butter
$\frac{1}{4}$ lb. ground almonds	3 eggs
$\frac{1}{2}$ lb. currants	a little milk

Method:—Sieve the flour and baking powder and add the ground almonds. Cream the sugar and butter, then whisk up the eggs and stir them into the creamed sugar and butter, adding a tablespoon of milk. By degrees stir in the flour mixture and beat for one minute. Lastly mix in the currants. Turn mixture into 2 greased sandwich tins and bake for 35 minutes at 375°F.

Filling:—Mix 1 teacup honey with $\frac{1}{4}$ lb. ground almonds and when the cakes are cold spread one with mixture and place the other on top.

Icing:—Sieve $\frac{1}{4}$ lb. icing sugar, add a little hot water and beat until smooth. Pour over the cake and smooth over with a knife. To put a finishing touch, tie a little bow of ribbon and place it in the centre with tiny sweets all round.

NOTES

Always ask for "Gloria" Flour.

ICING AND FILLINGS

1½ lbs. icing sugar
colouring as required

flavouring as required
hot water as required

Sieve icing sugar into a basin and mix in a small lump of butter (about the size of a walnut), then gradually add hot water and mix to a smooth paste.

Suggested Flavourings :—

Vanilla, Orange or Pineapple Essence.
Melted Chocolate and Vanilla Essence.
Coffee Essence or strong Coffee.

Caramel.
Rum or Sherry.
Granadilla.

APRICOT NUT FILLING

Mix chopped walnuts with prepared apricot jam. (Rub through sieve if whole fruit, or add water if stiff.)

CORNFLOUR CUSTARD FILLING

1½ ozs. cornflour
1½ gills milk
¾ oz. butter

1 egg
vanilla flavouring
3 dessertspoons castor sugar

Method:—Mix cornflour to a smooth paste with a small quantity of milk. Put the remainder of the milk into a saucepan with the butter and sugar, and when hot stir on to the cornflour. Return to the pan and boil for a few minutes, then draw aside and continue to stir until slightly cool. Add the egg and stir very quickly until well mixed in. Stand the pan over a low burner to cook the egg, stirring well, and being careful not to let it boil. (A double boiler may be used.) Add vanilla to taste, and when cold use as required.

This filling can be used in pastry, sponge or sandwich, eclairs, and cream buns.

"Gloria" Flour — for all your baking needs.

LARGE CAKES

CHRISTMAS CAKE

10 ozs. "Gloria" Self-raising Flour	juice of one lemon
$\frac{1}{2}$ lb. currants	1 teaspoonful of spice
$\frac{1}{2}$ lb. sultanas	pinch of salt
$\frac{1}{4}$ lb. raisins	6 ozs. of butter or fat
1 oz. glace cherries	$\frac{1}{2}$ lb. of brown sugar
2 ozs. peel	5 eggs
grated rind of one lemon	2 ozs. of almonds

Method:—Prepare currants, sultanas, raisins and cherries; chop peel and almonds, sieve the flour and spice and add it to the peel, fruit, almonds and grated lemon rind. Beat butter (or fat) and sugar until creamed. Add eggs separately (a little flour may be added if the mixture curdles). Stir in dry ingredients, lemon juice and milk. Mix thoroughly; pour into greased and lined tin. Bake in a slow oven 290°F. for 4-6 hours. When cold, cover with almond paste. Leave for 3 days and then ice.

CHRISTMAS CAKE

1 lb. "Gloria" Flour	4 ozs. candied peel
8 ozs. sugar	2 level teaspoons baking powder
8 ozs. butter	2 level teaspoons ginger
8 ozs. raisins	2 level teaspoons cinnamon
8 ozs. currants	1 level teaspoon bicarb soda
4 eggs	1 tablespoon milk
1 tablespoon boiling water	

Method:—Line a tin with paper. Prepare fruit (wash, stone, etc.). Sieve flour, salt, baking powder, ginger and cinnamon. Beat butter and sugar to a cream. Add whole eggs, one at a time and beat well. Add fruit and mix well. Fold flour and milk in lightly. Mix bicarb soda with hot water and add to mixture; mix well. Put in prepared tin. Bake in cool oven for 2½ to 3 hours.

For that special occasion — "Gloria" Flour.

RICH CHRISTMAS CAKE

3 cups "Gloria" Flour	$\frac{1}{4}$ lb. mixed chopped peel
$\frac{3}{4}$ lb. butter	2 ozs. blanched chopped almonds
$\frac{1}{2}$ lb. brown sugar	2 teaspoons mixed spice
$\frac{1}{2}$ lb. raisins	2 teaspoons baking powder
$\frac{1}{2}$ lb. currants	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ lb. sultanas	1 wineglass brandy
$\frac{1}{2}$ lb. glace cherries	
6 eggs	

Method:—Clean and prepare all fruits—mix in a bowl and pour brandy over. Cream butter and sugar well. Add eggs one at a time, beating thoroughly after each one. Add prepared fruits, and lastly sieve in flour, baking powder, spice and salt. Add $\frac{1}{4}$ cup milk if necessary. Mixture should not be too moist or fruits will sink. Bake in a greased and lined cake tin for 3 hours in slow oven—300°F.

CHRISTMAS CAKE

1 cup raisins	1 cup sultanas
1 cup currants	$\frac{1}{4}$ cup mixed peel
2 ozs. cherries	$\frac{1}{2}$ cup chopped nuts
1 cup sugar	1 cup water
$\frac{1}{4}$ lb. butter	1 teaspoon bicarb. soda

Method:—Put all the above ingredients into a pot and boil for 15 minutes with the lid on, stirring occasionally. When cold, add the following and mix well:—

2 cups "Gloria" Flour	2 level teaspoons baking powder
1 well-beaten egg	bake in a lined tin for $1\frac{1}{2}$ to 2 hrs. at approx. 350°F.
1 teaspoon salt	
1 teaspoon mixed spice	

"GLORIA" MASTER RECIPE

$\frac{1}{2}$ lb. "Gloria" Self-Raising Flour	pinch of salt
6 ozs. of sugar	2 eggs
3 ozs. butter or fat	$\frac{1}{2}$ cup of milk
	$\frac{1}{2}$ teaspoon of vanilla essence

Method.—Cream the butter or fat, add the sugar slowly, beating in well. Add unbeaten eggs, one at a time, beating well after each egg is added. Add vanilla essence. Sift together salt and flour and add alternately with milk to first mixture. Bake in greased tin in a moderate oven at 350°F. for about one hour.

This master recipe can be used to make several other delightful cakes.

"Gloria" Flour for Better Baking.

DUNDEE FRUIT CAKE

10 ozs. "Gloria" Self-Raising Flour	4 ozs. mixed peel
$\frac{1}{2}$ lb. butter or fat	2 ozs. glace cherries
$\frac{1}{2}$ lb. of sugar	4 ozs. blanched almonds
5 eggs	pinch of salt
1 lb. of currants and sultanas mixed	1 teaspoonful almond essence
	1 tablespoonful of milk

Method:—Beat the butter (or fat) and sugar to a cream. Add half the eggs and beat until smooth. Stir in half the flour, fruit, peel and some chopped almonds and the remainder of the flour. Mix well. Add the milk and mix. Turn into an 8-inch round tin, greased and lined with paper. Sprinkle the almonds over the top. Bake 4-5 hours in a slow oven at 250°F.

GINGER CAKE

$\frac{1}{4}$ lb. butter	pinch of salt
1 cup sugar	1 teaspoon ground ginger
2 eggs	1 teaspoon allspice
$\frac{3}{4}$ cup Golden Syrup	2 teaspoons bicarb. soda
3 cups "Gloria" Flour	1 cup of milk

Method:—Cream butter and sugar well together. Beat eggs with syrup and gradually beat into the creamed mixture. Sieve flour, salt, ginger and allspice and fold into the creamed mixture alternately with $\frac{3}{4}$ cup milk. Mix bicarb. soda with the remaining $\frac{1}{4}$ cup milk and add last of all. Stir well, then place mixture into a greased tin (10ins. x 12ins. x 1 $\frac{1}{2}$ ins. approx.) and bake 1 hour at 325°F.

BANANA CAKE

8 ozs. "Gloria" Flour	1 large teaspoon of baking powder
pinch of salt	4 ozs. margarine
2 tablespoons Golden Syrup	2 eggs
2 large mashed bananas	$\frac{1}{2}$ teaspoon lemon rind

Method:—Put syrup and margarine into a saucepan over a low heat and warm until melted, sift flour, baking powder and salt into a basin, add the lemon rind and mashed bananas, stir in beaten eggs and warmed ingredients. Beat thoroughly and put the mixture into a greased and floured loaf tin. Bake 1 hour in a moderate oven.

Don't forget to order "Gloria" Flour.

CUT-AND-COME-AGAIN-CAKE

$\frac{1}{2}$ lb. "Gloria" Flour	4 ozs. castor sugar
4 ozs. margarine	4 ozs. currants
1 teaspoon baking powder	4 ozs. raisins
$\frac{1}{4}$ teaspoon salt	1 oz. mixed peel
$\frac{1}{2}$ teaspoon mixed spice	1 egg
$\frac{1}{2}$ gill milk	

Method:—Prepare the fruit; the raisins should be stoned and chopped finely and the peel cut in small pieces. Sift the flour and salt into a basin. Rub in the margarine, add all the dry ingredients and mix well. Beat up the egg and, with the milk, stir into the dry ingredients. Mix well together. Put into a greased cake tin, 3ins. deep and 6ins. in diameter, and bake for $1\frac{1}{4}$ hours at 380°F.

PLAIN CAKE

2 ozs. "Gloria" Flour	2 eggs
2 ozs. cornflour or Maizena	5 ozs. castor sugar
$\frac{1}{4}$ lb. margarine	

Method:—Beat sugar and margarine to a cream and then add eggs. Sift in flour and cornflour, beating well. Add a tablespoon of milk and any flavouring desired. Put into a well-greased tin and bake for 1 hour at 375°F. Cool before turning out.

FRUIT SPONGE FLAN

2 ozs. "Gloria" Self-Raising Flour	2 eggs 1 tin fruit
2 ozs. castor sugar	

Method:—Whisk eggs and sugar till thick and creamy, lightly fold in "Gloria" Flour with a METAL spoon, and pour immediately into a flan tin which has been well greased and floured. Bake at 425° for about 7 to 10 minutes till firm and golden. Turn out and cool on rack.

Choose any tinned fruit and drain the fruit and arrange in cool flan case. Heat the syrup and thicken with arrowroot—1 teaspoon arrowroot to $\frac{1}{4}$ pint juice. Pour this glaze when nearly cold—very carefully on to the arranged fruit.

Decorate with angelica and cherries if you wish.

Don't say flour — say "Gloria."

CHERRY SODA CAKE

1 lb. "Gloria" Flour	6 ozs. sugar
4 ozs. glace cherries	$\frac{1}{2}$ pint milk
2 ozs. candied peel	1 teaspoon bicarbonate of
4 ozs. butter	soda

Method:—Beat butter and sugar to a cream and stir in the milk with the soda dissolved in it. Mix in the flour, sliced peel and chopped cherries. Place in a well greased tin and bake for $1\frac{1}{2}$ hours at 375°F.

UPSIDE-DOWN PINEAPPLE CAKE

$\frac{3}{4}$ cup "Gloria" Flour	1 teaspoon baking powder
3 eggs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon lemon essence
$\frac{1}{4}$ cup boiling water	pineapple
3 tablespoons brown sugar	3 tablespoons butter

Method:—Thoroughly melt brown sugar and butter in a round cake tin, then add slices of pineapple. In a basin sift the flour, salt and baking powder. Beat the 3 egg yolks with the sugar till light and creamy. Add boiling water and essence, stir till well blended. Now add the dry ingredients a little at a time, stirring quickly and evenly. Pour on to pineapple and bake for $\frac{1}{2}$ an hour at 350°F. Turn out and pile whipped cream on top.

MARBLE CAKE

$\frac{1}{2}$ lb. "Gloria" Flour	4 ozs. sugar
4 ozs. butter	3 eggs
$\frac{1}{2}$ teaspoon bicarb. of soda	1 teaspoon cream of tartar
a little milk	almond essence

Method:—Beat the butter and sugar to a cream. Stir in the well beaten eggs. Add bicarbonate of soda and cream of tartar, flour and a little milk. Divide mixture into 3 parts and colour one pink, one green and one chocolate. Flavour with almond essence. Put layer on layer in tin and bake for 1 hour 20 minutes at 375°F., but turn off heat for last 20 minutes.

"Gloria" Flour—in 2lb., 5lb., 10lb., 25lb., 50lb. and 100lb. bags—
and "Gloria" Self-Raising in 2lb. and 5 lb. packets.

BRUSSELS CAKE

1 large cup "Gloria" Flour	$\frac{1}{2}$ lb. shortening
1 teaspoon baking powder	$\frac{1}{4}$ cup sugar
1 egg	$\frac{1}{2}$ teaspoon salt
dates	1 teaspoon vanilla essence

Method:—Mix dry ingredients and rub in shortening. Beat egg with vanilla and add. Cut dough in half. Roll out one half and place in shallow sandwich tin. Spread on a layer of dates. Now roll out other half of dough and place on top of dates, pressing edges together. Blanch a few nuts (preferably almonds), chop up and sprinkle on top of cake. Bake for 30-40 minutes at 375°F.

ALMOND SPONGE CAKE

4 ozs. "Gloria" Flour	2 eggs
2 ozs. ground almonds	2 ozs. butter
2 level teaspoons baking powder	3 ozs. castor sugar
1 oz. whole sweet almonds	1 tablespoon milk
	pinch salt

Method:—Beat butter and sugar to a cream. Add ground almonds, then well beaten eggs. Sift flour, baking powder and salt and add to mixture. Lastly add milk. Turn batter into a well greased tin and bake for 30-40 minutes at 375°F. Blanch the almonds and cut into shreds. Brush top of cooked cake with white of egg and scatter almond shreds on top. Return to oven for almonds to lightly brown.

QUICK SWISS ROLL

$\frac{1}{2}$ cup "Gloria" Flour	$\frac{1}{2}$ cup sugar
2 teaspoons baking powder	3 eggs
pinch of salt	jam heated for spreading

Method:—Beat eggs for half a minute. Sieve dry ingredients. Add beaten eggs. Pour into a shallow swiss roll pan lined with paper (slightly greased). Bake for 12 minutes in a hot oven. When baked, turn out on to a dry cloth sprinkled with sugar. Take a very wet cloth and damp paper on roll very well. Peel off paper, cut off hard edges and spread with hot jam and roll.

Take a pride in your baking — use "Gloria" Flour

HINTS ABOUT CAKES

A teaspoonful of glycerine added to a cake mixture makes it light and reduces the quantity of butter needed.

A teaspoonful of glycerine mixed up with your icing makes it smooth and glossy. One teaspoonful to each cup of sugar.

When making sponge cake or cream puffs stand the eggs in cold water several hours before using. This makes the cake much lighter.

Add one dessertspoonful of vinegar and one egg only to a large plain cake in which normally three eggs are required.

Always let cakes stand for a couple of minutes before taking out of tins. If the cake sticks, cover the bottom of the tin with a damp cloth.

NOTES

"Gloria" Flour is freshly packed daily.

SMALL CAKES

LOUISE CAKES

10 ozs. "Gloria" Flour	2 ozs. sugar
6 ozs. butter	2 egg yolks
1 teaspoon baking powder	

Method:—Cream butter and sugar. Add beaten egg yolks. Sift in flour and baking powder. Mix thoroughly. Turn out on to a floured board. Press (not roll) into round shape and pinch edges. Spread with raspberry jam. Now beat egg whites until very stiff. Mix 2 ozs. of sugar and 2 ozs. desiccated coconut and fold in lightly. Pile on top. Bake on a cold oven tray in moderate oven for $\frac{1}{2}$ hour. Cut into squares when cold.

DAINTY CUP CAKES

2 eggs (separated)	$\frac{2}{3}$ cup sweetened condensed milk
$\frac{1}{2}$ teaspoon lemon essence	
3 teaspoons baking powder	$\frac{3}{4}$ cup "Gloria" Flour

Method:—Beat egg yolks well with egg beater. Add condensed milk and continue beating until well mixed. Sift flour once, measure, add baking powder and sift again. Add gradually to first mixture and stir until well mixed. Add lemon essence. Fold in stiffly beaten egg whites. Pour into small buttered cup cake tins. Bake in moderate oven (350°F.) about 15 minutes. Makes about 24 cup cakes.

AMERICAN DOUGHNUTS

$\frac{1}{2}$ lb. "Gloria" Flour	1 teaspoon baking powder
$\frac{1}{2}$ teaspoon salt	2 ozs. castor sugar
1 $\frac{1}{2}$ ozs. margarine	1 egg
$\frac{1}{2}$ gill milk	1 small teaspoon cream of tartar
$\frac{1}{2}$ teaspoon bicarb. of soda	

Method:—Sieve flour and salt. Rub in margarine. Add sugar, baking powder and cream of tartar. Add egg and enough milk to make soft dough. Roll out $\frac{1}{2}$ in. thick and cut in rounds. Fry in fat at haze point. Drain well. Toss in castor sugar and cinnamon.

Always ask for "Gloria" Flour.

CURRENT SQUARES

1½ lbs. "Gloria" Short Pastry	1 cup sugar
2½ cups of currants	1 tablespoon marmalade

Method:—The currants, sugar and marmalade are just brought to the boil with a little water. Half the pastry is spread out and the currant mixture is spread on it. The other half of the pastry is laid over the top. The top of the pastry can be washed over with some of the sticky material from the saucepan or with egg. Bake in a hot oven for 15-20 minutes. When cold, cut into squares.

SOFT MOLASSES COOKIES

2½ cups "Gloria" Flour	½ teaspoon salt
¼ teaspoon bicarb. of soda	1 teaspoon baking powder
½ teaspoon ginger	½ teaspoon cloves
½ cup shortening	½ cup sugar
½ cup hot water or sour milk	1 tablespoon vinegar
½ cup molasses	1 beaten egg

Method:—Sift flour, salt, bicarbonate of soda, baking powder and spices together.

Cream shortening and sugar. Combine hot water (sour milk), vinegar and molasses. Combine with creamed mixture. Add beaten egg. Add sifted dry ingredients and mix well. Chill dough. Roll out on floured board and cut as desired. Bake in moderate oven (350°F.) for about 15 minutes. Makes about 3 dozen.

HOT CROSS BUNS

3 cups "Gloria" Flour	1 cake yeast (or 2 level teaspoons dried yeast)
1 cup luke warm milk	¼ cup luke warm water
1 egg	2 tablespoons butter or margarine
½ teaspoon mixed spice	1 tablespoon cinnamon
½ cup currants or raisins	½ teaspoon salt
2 tablespoons sugar	

Method:—Dissolve yeast in luke warm water, add sugar, and leave in a warm place for 10 minutes. Sift flour, salt and spice, rub butter into centre of flour. Beat egg and add with warm milk to yeast, then add to flour. Cover bowl and leave in warm place for 1½ to 2 hours. Knead currants into risen dough, shape into buns. Place on a greased tray, leave to rise, 20 minutes. Brush buns with beaten egg and milk. Make cross on each with back of knife and bake in hot oven for 15 to 20 minutes.

"Gloria" Flour — for all your baking needs.

NUTTY HEDGEHOGS

Make a very short pastry with 8 ozs. Gloria Flour and 6 ozs. butter and very little water. Mix 6 ozs. grated almonds with 4 ozs. castor sugar and a little Rosewater or ordinary water.

Take a piece of pastry, make a ball, flatten it and put about a teaspoonful of the nut mixture inside and re-roll to an oval. Now "hedgehog" or prick the oval, using tweezers or a fork.

Cook the Hedgehogs for 20 minutes at 350°F. and when cold dust with icing sugar.

SCONES

- | | |
|---------------------------|------------------------------|
| 2 cups "Gloria" Flour | 1 heaped dessertspoon butter |
| 2 teaspoons baking powder | 1 egg |
| 1 dessertspoon sugar | milk sufficient to mix |

Method:—Sieve dry ingredients. Mix with butter. Add beaten egg and mix to a dough. Add a little milk to make a soft dough. Bake in oven at 400-500°F.

WHOLEMEAL SCONES

- | | |
|--|---------------------------------|
| $\frac{3}{4}$ lb. "Gloria" Brown Flour | 1 small teaspoon salt |
| 2 ozs. margarine | 3 level teaspoons baking powder |
| | 1 teacup milk and water mixed |

Method:—Sieve the flour, salt and baking powder. Rub in the margarine, and add milk and water to form a stiff dough. Knead for eight minutes. Roll out and shape into scones. Bake on hot tins in a hot oven for about 20 minutes at 400°F.

FOR CHEESE SCONES

Add 4 ozs. grated Parmesan Cheese after the margarine and before the milk.

PLAIN SCONES

- | | |
|---|----------------------|
| $\frac{1}{2}$ lb. "Gloria" Self-Raising Flour | 2 ozs. fat or butter |
| $\frac{3}{4}$ cup of milk | 2 ozs. sugar |
| | pinch of salt |

Method:—Sift together flour and salt. Rub in the fat and mix thoroughly. Add the milk to make a soft dough. Turn on floured board and roll out smooth, about $\frac{1}{2}$ inch thick. Cut out with a pastry cutter and place on a greased tin. Bake in a hot oven for 10-12 minutes at 450°F.

For that special occasion — "Gloria" Flour.

LOAF CAKES

NUT AND SULTANA CAKE

$\frac{1}{2}$ lb. "Gloria" Flour	1 teaspoon baking powder
$\frac{1}{4}$ lb. sugar	$\frac{1}{4}$ lb. butter or lard
$\frac{1}{4}$ lb. sultanas	4 eggs
12 almonds (or shelled peanuts halved)	few drops almond essence
	$\frac{1}{2}$ cup milk

Method:—Beat the butter and sugar to a cream, add the eggs and flavouring, then the flour, baking powder and sultanas. Next add the milk gradually; beat well to a creamy mixture. Put into a well greased tin and bake at 375°F. for $\frac{1}{2}$ hour or until nicely browned. Dip the split nuts into the white of an egg and stick lightly on top of cake. Bake for another $\frac{1}{2}$ hour.

BAKED BOSTON BREAD

3 cups "Gloria" Flour	1 tablespoon margarine
2 cups of dates (stoned and cut small)	2 cups boiling water
2 teaspoons bicarb. soda	2 eggs
$1\frac{1}{2}$ cups sugar	2 teaspoons baking powder
	pinch salt

Method:—Put dates, soda, sugar and margarine into basin and pour the 2 cups boiling water over. Mix well. When cool add well beaten eggs. Mix flour, baking powder and salt together and add to other ingredients. Stir well and put into greased tin. Bake in a moderate oven for about 1 hour.

N.B.—If dates are not available, mixed fruit, i.e., sultanas, raisins, etc., can be used instead.

EVERYDAY FRUIT LOAF CAKE

3 cups "Gloria" Flour	$\frac{1}{2}$ cup milk
3 teaspoons baking powder	$\frac{1}{2}$ cup mixed peel
$\frac{1}{2}$ teaspoon salt	May be varied to include sultanas, dates, cherries, etc.
1 cup sugar	$\frac{2}{3}$ cup shortening
1 cup raisins	2 eggs
$\frac{1}{2}$ cup currants	

Method:—Sift flour, baking powder and salt; rub in shortening. Add fruit and sugar. Stir well. Add beaten eggs and milk. Bake in a greased and lined loaf tin in oven at 300°F. for 1½-2 hours.

"Gloria" Flour for Better Baking.

GINGER BREAD

2 breakfast cups "Gloria" Flour	1 teaspoon bicarbonate of soda
1 tablespoon butter	1 breakfast cup sugar
1 large teaspoon mixed spice	1 large teaspoon ground ginger
1 egg	2 tablespoons treacle
	1 teacup milk

Method:—Rub butter into flour, add the spices and treacle, then sugar. Beat the egg well, mix with a little milk, and add to other ingredients. Add remainder of milk. Dissolve the bicarbonate of soda in a tablespoon of boiling water and stir it in. Beat the batter for 8 to 10 minutes then pour it into buttered tin (8 ins. x 4½ ins. or slightly smaller) and bake in a moderate oven 350°F. for 35-40 minutes. This is nicer if used a day or two after it has been made.

DATE AND WALNUT LOAF

2 cups "Gloria" Flour	1 cup sugar
¼ lb. margarine or butter	½ cup milk
½ teaspoon vanilla essence	¾ teaspoon bicarbonate of soda
1 teaspoon baking powder	1 cup chopped walnuts
1 lb. chopped dates	

Method:—Cream butter, add sugar and beat well. Dissolve the soda in milk and add to the creamed mixture, alternately with sifted flour and baking powder. Lastly add dates, walnuts and vanilla essence. Bake in a greased loaf tin in a moderate oven for 1 hour.

MALT LOAF

¼ lb. dates	¼ lb. sultanas or raisins
1 cup sugar	1 cup hot water
2 cups "Gloria" Flour	1 teaspoon bicarbonate of soda
1 egg	

Method:—Cut the dates into small pieces and place in a bowl with the sultanas. Pour the hot water over the fruit and add sugar. Stir well. Add flour, sifted with the bicarbonate of soda. Stir into mixture the beaten egg. Place mixture in greased loaf tin. Bake for one hour at 375°F. Keep at least 2 days before eating.

Don't forget to order "Gloria" Flour.

ALMOND LOAF CAKE

1 large cup "Gloria" Flour	1 cup sugar
1 teaspoon baking powder	4 eggs
$\frac{1}{4}$ lb. butter	1 teaspoonful almond essence
1 tablespoon cornflour	pinch of salt

Method:—Mix butter and sugar into a cream, add beaten yolks of eggs. Add flour, cornflour, baking powder and salt, which have been sifted together. Then add almond essence and, lastly, the well-beaten whites of eggs. Blanch and slice the required quantity of almonds. Grease loaf tin (approx. 9 ins.) and arrange several pieces of almond on the sides of the tin adhering to the crease. Half fill tin with mixture and decorate top of cake with almonds placed closely together. Cover with greaseproof paper and bake in hot oven (375°F.) for 25 minutes—remove greaseproof paper and bake a further 10-15 minutes. Cool on wire tray.

NOTES

Don't say flour — say "Gloria."

BISCUITS

PLAIN BISCUITS

8 ozs. "Gloria" Flour
1 egg

$\frac{1}{2}$ teaspoon baking powder
cold water

Method:—Mix flour and baking powder. Add beaten egg and a little water, if necessary, to form a firm dough and knead well. Roll out and cut into various shapes. Prick with a fork, place on a greased baking sheet and bake at 450°F. for ten minutes.

BROWNIES

$\frac{3}{4}$ cup "Gloria" Flour
 $\frac{1}{2}$ cup margarine
2 ozs. chocolate
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt

2 eggs
1 cup sugar
1 teaspoon vanilla essence
1 cup nuts, chopped coarsely

Method:—Melt margarine and chocolate together over hot water, and cool. Sift flour with baking powder and salt. Beat eggs until light. Add sugar and chocolate mixture and blend. Add flour, vanilla and nuts and mix well. Spread evenly into an 8 x 8in. pan (well greased). Bake in a 250°F. oven for 30-35 minutes. Cool and cut into squares.

BRANDY SNAPS

These old-fashioned favourites are simple to make. Put $\frac{1}{4}$ lb. each of: margarine, castor sugar and Golden Syrup into a saucepan and allow them to melt over a gentle heat. Sieve $\frac{1}{4}$ lb. of "Gloria" Flour and mix it in gradually—off the fire. Add $\frac{1}{2}$ teaspoon of ground ginger and a few drops of vanilla essence. Mix well. Pour the mixture in small rounds on to a well-greased tin, and bake in a fairly hot oven for 7-8 minutes. When ready, remove rounds with a palette knife and roll up before they cool.

"Gloria" Flour—in 2lb., 5lb., 10lb., 25lb., 50lb. and 100lb. bags—
and "Gloria" Self-raising in 2lb. and 5lb. packets.

BON BONS

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup Holsum	1 cup icing sugar
1 egg (beaten)	$\frac{1}{2}$ teaspoon vanilla flavouring
$\frac{1}{2}$ teaspoon almond flavouring	$2\frac{1}{2}$ cups "Gloria" Flour
1 teaspoon bicarb. of soda	1 teaspoon cream of tartar

Method:—Thoroughly cream shortening and sugar. Add beaten egg, vanilla and almond flavouring. Beat well. Add flour, sifted with bicarbonate of soda, cream of tartar and salt. Chill one hour. Then form into small balls on greased cookie sheet. Flatten slightly. Bake in moderately hot oven (375°F.) for 10-15 minutes. Makes approx. 5 dozen small cookies.

MELTING MOMENTS

$\frac{1}{4}$ lb. butter	1 oz. cornflour
1 oz. icing sugar	1 cup "Gloria" Flour

Method:—Melt butter. Add icing sugar, cornflour and flour. Work with hands until well mixed. Put small pieces on baking tin. Press out with fork and bake in fairly hot oven until light brown.

SODA BISCUITS

$\frac{3}{4}$ lb. "Gloria" Flour	2 tablespoons milk
$\frac{1}{4}$ lb. butter	1 egg
$\frac{1}{4}$ lb. sugar	$\frac{1}{2}$ teaspoon cream of tartar
pinch of salt	$\frac{1}{2}$ teaspoon bicarb. of soda

Method:—Sift flour, salt and cream of tartar. Beat butter and sugar to a cream, add egg and beat. Dissolve bicarbonate of soda in the milk and add to mixture, adding sifted flour bit by bit and kneading this mixture as one would shortbread. Roll out thinly, cut with biscuit shapes, and bake in moderate oven till light brown. Currants, chopped fruits or desiccated coconut may be added.

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SUNDOWNER BISCUITS

2 tablespoons butter or
margarine
pinch of salt

4 ozs. "Gloria" Flour
 $\frac{1}{4}$ cup milk

Method:—Rub butter into flour and salt. Mix to fairly stiff dough with the milk. Roll out very thinly—almost transparent. Cut into 2 in. squares, prick with a fork, place on a lightly floured baking tin. Bake in a hot oven for about 10 minutes until golden brown. The above quantities make approx. 4 dozen biscuits. These are very light, similar to cream crackers, and make a nice sundowner snack spread with butter and a thin layer of cheese on top.

COCONUT BISCUITS

2 ozs. "Gloria" Flour
2 ozs. sugar
pinch of salt

2 ozs. coconut
2 ozs. margarine
 $\frac{1}{4}$ teaspoon baking powder

Method:—Make all the above into a paste. Roll out and cut into strips (or cut with pastry cutter), about $\frac{1}{4}$ in. thick. Sprinkle with castor sugar and bake about 20 minutes in a moderate oven.

KRINGLE

3 cups "Gloria" Flour
8 ozs. butter (no other fat)
2 eggs
 $1\frac{1}{2}$ cups sugar

$\frac{1}{2}$ teaspoon salt
for topping: 1 teaspoon cin-
namon
2 tablespoons sugar

Method:—Sift together dry ingredients, rub butter into flour. Make a well in centre, break in $1\frac{1}{2}$ eggs (leaving the other one egg white for topping). Mix to a firm dough and put aside for one hour in a cool place. Take small pieces, roll with fingers into 7in.-8in. lengths and $\frac{1}{2}$ in. thickness, form into rings, dip in egg white then sugar and cinnamon which has been mixed together. Put in buttered pan; bake in a moderate oven for 15 minutes. Makes about 50 Kringles.

"Gloria" Flour is freshly packed daily.

BACHELOR BUTTONS

1 egg	$\frac{1}{2}$ teaspoon baking powder
5 heaped tablespoons "Gloria" Flour	$2\frac{1}{2}$ heaped tablespoons butter
	5 level tablespoons sugar

Method:—Melt the butter and add to the beaten egg and sugar slowly. Add flour and baking powder. Take small pieces of the stiff dough, roll into a ball and press into shape in the palm of the hands. Place on a greased tin and put a small nut in the centre of each. Bake for 15 minutes in a hot oven. Flavouring may be added to the mixture if desired.

INNER SECRETS

flaky pastry (using about 2 cups "Gloria" Flour)	1 package dates (10 ozs.)
	2 slices fresh or canned pineapple

Method:—Pit dates and stuff with small pieces of pineapple. If fresh pineapple is used, dip the pieces in sugar before stuffing. Roll pastry to an $\frac{1}{4}$ in. thickness. Cut into strips slightly wider than the length of the date. Wrap each date in pastry, pinching the edges together tightly. Place the wrapped dates on a baking pan with the folded side down. Brush the tops with egg yolk diluted with milk. Bake in a hot oven (450°F.) until golden brown (10-15 minutes). This recipe will make 48 patties. Left over pastry may be used and the dates stuffed with any filling.

MERINGUE DROPS

2 egg whites	a pinch of salt
vanilla	4 ozs. icing sugar
$\frac{1}{2}$ teaspoon baking powder	or
(if liked)	4 ozs. castor sugar

Method:—Add a pinch of salt to egg whites and whisk until stiff and dry. Gradually beat in icing sugar (which has been through a fine sieve). Add vanilla flavouring. Drop on to a buttered baking sheet in small heaps, then put into a cool oven to set—about 2 hours. Remove carefully from tin and, when cold, sandwich together with whipped cream. Sufficient for 20 drops, or 10 pairs.

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SCOTTISH SHORTBREAD

6 ozs. "Gloria" Flour

2 ozs. castor sugar

4 ozs. butter, grated

Method:—Pinpoint the butter into the flour with the very tips of the fingers; knead in the sugar, using your hands.

Then gently roll out, and either cut into fingers or mark in a sunray.

Bake at 400°F. for 5 minutes, lower the heat and cook for half an hour at 375°F.

SHORTBREAD

$\frac{1}{4}$ lb. margarine

$1\frac{1}{4}$ cups "Gloria" Flour

2 tablespoons sugar

1 teaspoon baking powder

Method:—Cream margarine and sugar. Sift flour and baking powder in until mixture is like breadcrumbs. Place mixture in well-greased flat baking tin, bake in a warm oven for about $\frac{3}{4}$ hour—but do not allow shortbread to brown. For soft shortbread, remove from oven and leave in tin until cold. If crisp shortbread is preferred, leave in tin in oven for 15-20 minutes after heat has been turned off.

CUSTARD CREAMS

Cream together 4 ozs. butter (or margarine) and 2 tablespoons of sugar. Mix 1 egg, well beaten, then add 6 tablespoons "Gloria" Flour, 1 teaspoon baking powder and 3 tablespoons custard powder. Mix into a stiff paste. Roll out and cut into rounds and bake in fairly hot oven for 7-8 minutes. Leave to cool. When cool, stick 2 rounds together with butter icing flavoured with vanilla essence.

OATMEAL CRISPS

1 small egg

$\frac{1}{4}$ level teaspoon salt

$\frac{1}{4}$ cup butter

$\frac{1}{4}$ cup sugar

$\frac{3}{4}$ cup "Gloria" Flour

$\frac{1}{2}$ cup oatmeal (Quaker or similar)

2 level teaspoons baking powder

no milk—please note

Method:—Sift together flour, salt and baking powder. Rub in the butter, and then add sugar and oatmeal and mix to a fairly stiff dough with the egg. Roll out thinly and cut as required with biscuit cutter. Bake 12 minutes in moderate oven.

"Gloria" Flour — for all your baking needs.

BREAD

3½ lbs. "Gloria" Flour
1 teaspoon castor sugar
1 oz. yeast

4 level teaspoons salt
1½ pints luke warm water

Method:—Sieve flour and salt into a large basin and make a well in centre, heaping flour around sides of basin. Put yeast in a small basin with sugar, and mix together until they become liquid. Then stir in luke warm water. Strain this mixture into the middle of the flour and mix sufficient flour with it to make a stiff batter. Leave in a warm place for from 15-20 minutes or until there are bubbles on the surface. Work remainder of flour and mix to a pliable dough, adding warm water or flour as required. Turn on to a floured board and knead for a few minutes. Flour the basin, turn dough in again, throw cloth over top, and put to rise in warm place (in cool oven or near stove) until twice its bulk—about 2 hours. When risen, turn out the dough, and knead lightly, then divide into portions, and form into loaves. **For a tin loaf, form into an oblong and put in a greased and floured bread-tin, pressing lightly to the shape of the tin. It should be only half full.** Stand in a warm place to rise again to double its size (about half an hour), then bake in a hot oven, lessening the heat as required. Cooking time approx. ¾ to 1 hour. This recipe makes two quarter loaves.

BROWN BREAD

1½ lbs. "Gloria" Brown
½ oz. yeast
2 level teaspoons salt

1 level teaspoon castor sugar
about 3½ gills warm water to
mix

When making brown bread, omit the process of setting the sponge.

Method:—Mix the wholemeal and salt in a large basin. Mix the yeast and sugar until they liquefy. Add the warm water and strain the mixture into the wholemeal. Mix to a pliable dough, adding more water as required; knead the dough lightly and then put to rise for about ¾ of an hour. Knead again, form into shape required, and put into a greased and floured bread tin. Press lightly to the shape of the tin, and let it "prove" for ½ an hour. Bake in a hot oven at first, lessening the heat as required. Approximate cooking time 1 hour. If a nutty flavour is desired, add 1 tablespoonful of Golden Syrup.

For that special occasion — "Gloria" Flour.

BREAKFAST OR TEA ROLLS

$\frac{1}{2}$ lb. "Gloria" Flour
1 teaspoon salt
1 oz. butter

milk, sufficient to mix
3 level teaspoons baking
powder

Method:—Sieve dry ingredients. Rub in the butter until it is quite evenly distributed and add enough milk to form a stiff dough. Shape lightly into rolls. Place on a floured tin and bake for 20 minutes in a hot oven.

QUICK BREAD RECIPE

1 lb. "Gloria" Flour
1 dessertspoon yeast (fresh
from baker)

1 dessertspoon baking powder
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon salt

Method:—Liquefy yeast with sugar. Add $\frac{1}{2}$ pint luke warm water. Sift flour with baking powder, make hole in centre of basin, pour in yeast mixture. Leave in warm place, well covered, for $\frac{1}{2}$ an hour or until bubbly. Mix well, knead 5 minutes. Leave again in warm place until double the size. Knead slightly—place in tin and when dough has risen to the top, cook at 425°F. for about 20 minutes.

BETTER BREADMAKING

Yeast requires warmth. Therefore, warm water must be used for mixing. The dough must be put in a warm place to rise. In cold weather warm the basins used. Knead quickly so that dough does not become chilled.

Dough should rise to double its bulk only and then be placed quickly into a hot oven.

To test whether bread is baked, tap underneath with the knuckles, and it should emit a hollow sound.

Rub fat on the hands when kneading to prevent dough sticking to hands.

When putting dough to rise, rub lightly with fat to prevent crust forming on top.

NOTES

"Gloria" Flour for Better Baking.

SAVOURIES

VEAL AND HAM PIE

Pastry :

1 lb. "Gloria" Flour	4 ozs. lard
1 teaspoon salt	$\frac{1}{2}$ pint water

Filling :

$1\frac{1}{2}$ lbs. veal	2 hard-boiled eggs
$\frac{1}{4}$ lb. cooked ham	jellied stock
chopped parsley	1 lemon
salt and pepper	

Method:—Remove skin and bone from veal and cut into small pieces. Add chopped ham, parsley, grated lemon rind and a good squeeze of juice. Season with salt and pepper and moisten with a little stock. Put the flour into a large basin and add the salt. Boil the lard and water together for 5 minutes, then add to the flour, stirring thoroughly until cool enough to be kneaded. Knead the paste on a floured board until smooth. Cut off a quarter of the paste and place in a basin covered with a cloth in a warm place.

Mould the remainder of the paste into a round pie case. As the paste cools off it will retain the shape. When the lower part of the pie has been raised, put in some of the meat, pressing it firmly down; this will make the moulding easier. Fill the pastry case with the rest of the meat and hard-boiled eggs, distributing the egg evenly.

Damp inner edge of pastry and put on a lid made from the rest of the pastry. Press edges together to form a rim. Decorate pie, making a hole in the centre. Pin double band of greased paper round pie to preserve shape. Bake in hot oven (425°F.) for 20 minutes, then lower to 375°F. for a further $1\frac{1}{2}$ hours or until meat is tender. Glaze with beaten egg when about $\frac{3}{4}$ baked. Fill with stock and allow to cool before serving with salad. (Serves 8.)

SWEETCORN PANCAKES

$\frac{1}{2}$ tin sweetcorn (cream style)	$\frac{1}{2}$ cup minced cooked ham or
2 eggs, beaten	bacon (optional)
$\frac{3}{4}$ cup flour sifted with $\frac{1}{2}$ tea-	1 tablespoon minced onion
spoon baking powder and	a little milk
teaspoon salt	

Method:—Mix sweetcorn with the eggs, ham and onion. Add dry ingredients and, if necessary, enough milk to make the batter of a consistency to spread. Drop by spoonful into hot, shallow fat in a heavy frying pan, turning when brown.

Don't forget to order "Gloria" Flour

OMELETTES

2 eggs

pepper and salt to taste

$\frac{1}{2}$ oz. butter

Method:—Separate yolks and whites of eggs. Beat up yolks and add seasoning. Beat up whites, adding a pinch of salt, until very stiff, then fold into the yolks. Melt the butter in an omelette pan, and when hot pour in the egg mixture. Shake pan occasionally to prevent sticking. **Add any desired omelette filling.** When the omelette begins to set around the edges, draw towards the handle of the pan, keeping the pan tilted that way. Continue to cook for a few seconds, then put under the grill to brown on top. **A dessertspoonful of milk may be mixed with the egg yolk if desired.**

ALTERNATIVE METHOD

Whisk the yolks and whites together and add seasoning. Melt the butter and when hot pour in the eggs. Stir at first, using a spoon, until omelette begins to set around the edges. Fold the edges over, and draw the omelette towards the handle of the pan. Serve immediately. Omelettes must always be served as soon as ready.

OMELETTE DISHES

Cheese Omelette :

Add two dessertspoonfuls grated cheese to the egg mixture.

Parsley Omelette :

Add finely chopped parsley to the egg mixture.

Sweet Omelette :

Whisk some castor sugar with the yolks. May be served with jam.

Mushroom Omelette Filling :

Peel and stalk 2 ozs. mushrooms and wash in salted cold water. Drain, then fry gently until tender. Make the omelette, adding $\frac{1}{2}$ teaspoonful onion juice to the mixture and serve the chopped mushrooms between the folded omelette.

Similarly, other savoury fillings such as chopped ham, meat or tomato may be used.

Don't say flour — say "Gloria."

APPLE OMELETTE SOUFFLE

2 eggs	$\frac{1}{2}$ lemon rind
$\frac{1}{2}$ oz. butter	2 dessertspoons castor sugar
1 gill apple pulp	

Method:—Prepare apple pulp by stewing until tender, adding only sufficient water to keep from burning. When cooked rub through a sieve. Separate yolks and whites of eggs. Beat up yolks. Add the sugar and finely grated lemon rind to the apple pulp and stir in the beaten up yolks. Beat up whites, adding a pinch of salt until very stiff, then fold into the mixture. Turn into a buttered pie-dish and bake in a moderately hot oven for 20 minutes and until lightly browned. Sufficient for two people.

SALTED ALMONDS

4 ozs. sweet almonds	1 oz. fresh butter or
a pinch of salt	1 tablespoon pure olive oil

Method:—Blanch almonds in hot water, drying each one well as it is blanched. Fry over gentle heat until pale brown. Drain well on brown paper, and toss in a little salt.

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SAUCES

WHITE SAUCE

This is the foundation of many other sauces.

THIN SAUCE

$\frac{1}{2}$ oz. butter $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ oz. "Gloria" Flour

A MEDIUM SAUCE

$\frac{3}{4}$ oz. butter $\frac{1}{2}$ pint milk
 $\frac{3}{4}$ oz. "Gloria" Flour

THICK SAUCE (for coating)

1 oz. butter $\frac{3}{4}$ pint milk
1 oz. "Gloria" Flour

Method:—Mix the flour to a smooth paste with some of the milk. Heat the rest of the milk in a saucepan with the butter, and stir on to the flour paste. Return the mixture to the pan, and bring to the boil, stirring all the time. **Add flavouring according to the type of sauce desired.** Let the sauce boil gently for 5 minutes.

For a cheaper sauce use margarine instead of butter and 3 parts milk and 1 part water instead of milk.

NOTES

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WAYS WITH WHITE SAUCE

Anchovy Sauce :

Flavour with anchovy essence about one teaspoonful to $\frac{1}{2}$ pint of white sauce. (Do not add salt to this sauce, as essence is salty.)

Cheese Sauce :

Add 3 or 4 ozs. finely grated cheese to $\frac{1}{2}$ pint white sauce, and stir until melted.

Egg Sauce :

1 hard-boiled egg to $\frac{1}{2}$ pint white sauce. Chop up white and add to the sauce. Rub yolk through a sieve and sprinkle on top.

Parsley Sauce :

One level teaspoon finely chopped parsley to $\frac{1}{2}$ pint white sauce.

Caper Sauce :

One small bottle capers to $\frac{1}{2}$ pint to $\frac{3}{4}$ pint white sauce. Chop coarsely or cut in halves. This sauce is sometimes made with meat liquor instead of milk, in which case a little vinegar from the capers may be added.

Hollandaise Sauce :

$\frac{1}{2}$ pint medium white sauce with a little extra butter added. When the sauce has boiled, cool and beat in the yolks of 2 eggs. Cook for a few minutes without boiling, and add a squeeze of lemon juice before serving.

NOTES

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SANDWICH FILLINGS

Simple Savoury Fillings.

1. Chopped chicken and celery mixed with mayonnaise.
2. Chopped olives, grated cheese and mustard.
3. Curry and shredded lettuce.
4. Egg and chopped olive.

Cheese and Celery :

Beat the required quantity of butter to a cream and mix in some grated cheese. Add celery and season well with salt, pepper and mixed mustard.

Cream Cheese and Watercress :

Wash and drain the cress, and chop finely. Spread thin slices of bread and butter with cream cheese (beaten until creamy). Add a layer of cress and season with salt.

Egg and Anchovy :

Hard boil the eggs. Sieve with yolks and mix with butter until creamy, season with pepper, stir in the anchovy essence and chopped whites.

Honey and Walnut :

Chop walnuts finely and mix with the honey (warm the honey slightly if stiff). Spread on thin slices of brown bread and butter.

Hot Toast Sandwiches :

Cut slices of bread about $\frac{1}{8}$ inch thick and spread with butter. Cover half the slices with very thin slices of cheese, then chopped up tomato—see the tomatoes are skinned. Season with mustard, pepper and salt, and add a little mayonnaise. Cover with remaining slices of bread until firmly sandwiched. Put under a hot grill and toast on both sides. Then cut into small squares or triangles.

Rolled Asparagus Sandwiches :

Drain the asparagus well and slightly warm it in the oven. See that each stalk of asparagus is the same length as the bread, which must be cut quite thin and sprinkled with salt. Put a piece of asparagus at the edge of the bread and roll carefully until it is covered by the bread. Use a board for rolling. Secure each roll with a small wooden toothpick, and toast in the oven until crisp and slightly brown.

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Club Sandwiches :

3 slices hot buttered toast	2 small rashers of bacon
2 lettuce leaves	1 pickled gherkin or slice of tomato
chopped-up chicken or meat	mayonnaise

Cover one slice of toast with lettuce leaf, and sprinkle with mayonnaise; add chicken or meat, then cover with toast. On this put grilled bacon, shredded gherkin or tomato and lettuce leaf sprinkled with mayonnaise. Top with third slice of toast.

YOUR OWN FAVOURITES

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